

Linking to both our week of poetry and mental health week, you are going to write a poem about an aspect of your life in lockdown.

Mental health week:

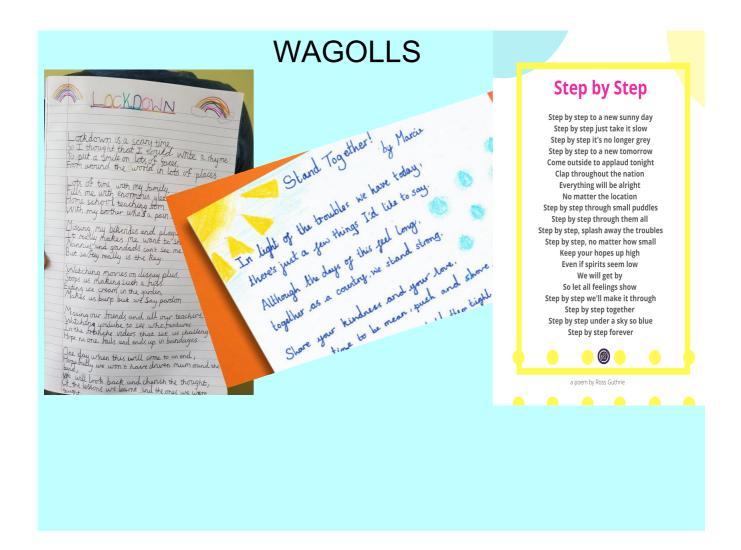
Reflecting on what is happening in your life, and turning it into something creative can help you to deal with the ups and downs of the current situation and enable you to face the many challenges we all come up against.

It could be uplifting and focus on the positives.

It may describe a typical day in lockdown.

It may focus on one particular event.

It could give tips and ideas for improving your mental health.



Your task today is to create your own poem about Lockdown using the features we have discussed throughout the week.

It could include and be about:

- > a typical lockdown day
- > one part of your day
- > Mental Health Week and how to keep positive
- > Emotions that are both happy and sad

Be as creative and as imaginative as you can. This poem also needs an illustration to accompany it.

The picture might be surrounding the poem, inside the poem or could be a small drawing.

We look forward to seeing these poems and hearing some in our afternoon meeting.

Remember to upload your finished poem and picture onto assignments.

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